

May 17, 2004

Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

**The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:**

AdvoCare International, L.P.  
2727 Realty Road, Suite 134  
Carrollton, TX 75006

**Product Name:** Performance Gold

**Statement(s)**

**Basis for Statement**

Helps the body adapt to stress

Eleutherococcus senticosus  
Rhodiola rosea  
Moomiyo

Increases oxygenation to cells

Eleutherococcus senticosus  
Rhodiola rosea

Helps increase and maintain energy levels

Eleutherococcus senticosus  
Rhodiola rosea

Supports muscle building and recovery

Eleutherococcus senticosus      Moomiyo  
Rhodiola rosea      Inosine  
Enzyme hydrolyzed whey peptides

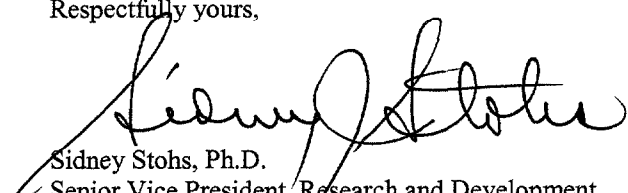
Provides antioxidant activity

Eleutherococcus senticosus      Moomiyo  
Rhodiola rosea

**Certification**

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

  
Sidney Stohs, Ph.D.  
Senior Vice President, Research and Development  
AdvoCare International, L.P.

97S 0162

LET

141254